

École Seaforth Elementary School

SPIRIT DAY

April 27, 2012

A School and Community Conference

**INTERMEDIATE STUDENT (4-7)
WORKSHOPS**

Thanks to our sponsoring Educational Partners:

Burnaby Mountain Karate - Curtis Gerlinger

Canada Border Services – Stephanie Yau

Dancin' Stars & High Notes School of Performing Arts – Sonica Gurjal

Sewing with France – France Dorais

Young Screen Actors Academy – Kirsten Clarkson & Marc-Anthony Massiah

Mindstein – Barbara Johnson

Scouts Canada – Kathleen Potter

Burnaby Junior Chess Club – Dwayne Wurtz

GardenWorks Burnaby – Candyse Roberts

Scientists & Innovators in the Schools Program – Neil Dobson, SFU

Pacific Assistance Dogs Society (PADS) - Gail Ferrier

Wesburn Soccer – Metro Gerela & Lisa D'Andrea

Electronic Arts – Kerry McGaffney

Reptile Rescue, Adoption & Education Society - Val

Let's Talk Science SFU & UBC - Nicole

Consumer Product Safety, Government of Canada

**We are also grateful to the Seaforth Staff, Parents and Community for
your help & support.**

Your 2012 Spirit Day Committee.

Mary Holmes

Janet Lee

Stella Lo

Jennifer Mezei

Dal Sidhu

Zahra Somani

Gail Su

Pablo Su

SEAFORTH SPIRIT DAY

Friday April 27, 2012

Intermediate Workshop Program

Dear Parents and Students,

On the following pages you will find our workshop offerings for Spirit Day 2012. We have some wonderful workshops lined up for this year, and we are looking forward to another successful Spirit Day.

This year we have produced two catalogs : one for Primary Students and one for Intermediate Students. This is the Intermediate Student Catalog, which contains a listing of all workshops Intermediate Students are eligible to attend.

For the purposes of this Program, Intermediate Students are those in Grades 4 - 7.

The numbers in parenthesis are the number of available spaces in each workshop. We will make every effort to place you in the workshops of your choice - please be sure to mark your first, second and third choices on your form.

There are some workshops that are open only to students in specific grades, these exceptions are **highlighted in yellow**.

Some workshops ask that you bring or wear something on Spirit Day, those are noted are in **RED**. Please try to remember what you need to bring, as no reminders will be sent home.

Have fun choosing your workshops.

Remember: your completed form is due back to school by **March 28th**.

Session A: 9:15 - 10:15am

A1-O Japanese Karate & Self Defense (30)

**Sensei Curtis Gerlinger
& Burnaby Mountain Karate**

Learn the fundamentals of Traditional Japanese Karate. You will also get the chance to use these ancient techniques to defend yourself in a mock battle against a real Black Belt! Good luck and have fun!

*****Gym attire is recommended*****

A2-O Hand Tools and Woodworking (10)

Laura & Phillip Thomsen

Are you curious to learn about different hand tools and their uses? Come join us for this informative workshop and make your very own Magic Bottle Holder which can be sanded, primed and painted in your favourite colours! *****This gets messy, so bring/wear a smock or old shirt*****

A3-O Cupcake Icing and Fondant Sculpting (10)

Penny Chisholm

Choose a cupcake and ice and decorate it with various edible embellishments including a fondant creation you make yourself. Personalize your own cupcake box to take your finished cupcake home.

A4-I Public Speaking (20)

Rhylin Bailie

Grades 5-7 ONLY

Learn the tricks for preparing and delivering an engaging presentation or speech, and how to answer questions from the audience.

A5-I Card Making (15)

Birdie Chan

In this workshop, we will be making 3 beautiful cards you can personalize with pretty papers, ribbon, flowers and other decorations.

A9-I Introduction to Sewing (10)

France's Sewing School

Learn basic sewing skills and make a cute project to take home!

A10-I All About Numbers (15)

Monika Gray

An introduction to Speed Math! Learn to solve problems faster and with more accuracy using shortcuts, tricks for addition, subtraction, multiplication and division. Dazzle your classmates and impress your teacher by learning these techniques!

A14-I Hip Hop Dancing (30)

**Dancin' Stars School
of Performing Arts**

Do you feel like Dancing? If so, this class is for you! In this fun class you'll learn basic Hip Hop techniques which we'll put together for our own unique dance combo.

***** Gym attire is recommended*****

A15-I Chinese Calligraphy & Paper Crafting (20)

**Mrs. Wendy Wong
& Ms. Miranda Chu**

Learn to use these ancient tools to write and paint beautiful characters and designs. We will also be doing a Chinese paper cutting craft - Perfect for Mother's Day!

A18-I Make your own Beaded Jewellery (20)

Cecilia Su & Shasha Wang

Learn basic beading and jewelry making techniques and create a beautiful piece of jewelry either for yourself or as a gift for someone special.

A19-I Acting for Film & Television (12)

Young Screen Actors Academy

Lights! Camera! Action! Are you dreaming of Hollywood? In this workshop you will learn specific film and television techniques from some of Vancouver's top Acting Coaches. Learn what it takes to work in the Acting Industry.

A21-I Cupcake Decorating (12)

Dolores Cruzelle

Spring is in the air, flowers are blooming and animals are waking from hibernation. What better way to celebrate Spring than by making some colourful yummy Spring Cupcakes? Learn cupcake decorating techniques you can use again and again at home for birthdays and other special occasions. Decorate a beautiful cupcake to take home.

A25-I Spa Science (16)

Lynne Vidler & Sandra Mankoo

Explore the real chemistry behind your favourite beauty products and whip up a few things to take home! You will learn to use natural ingredients to make cool concoctions like funky soaps and lip balm.

A30-O Assistance Dogs in your Community (40)

**Pacific Assistance Dogs
Society (PADS)**

These working dogs provide much needed help to people with physical disabilities and to the communities in which they live. Come meet some of these dogs, learn about their jobs and the people who work with them.

A33-I Soccer Skills (20)

Lisa D'Andrea - Wesburn Soccer

Students will be instructed on individual and team skills in this fun soccer experience with top level coaches. *****Gym attire is recommended*****

A34-I Mother's Day Decorated Canvas (20)

Venietia Tutlewski

Come decorate a Canvas to give Mom for Mother's Day. Students will use paint, and a variety of embellishments to decorate this special keepsake for Mom.

*****Please bring photo of yourself to be incorporated into the design***.**

A36-I Making Video Games (14)

Kerry McGaffney - EA Games

Learn about what goes into making a Video Game from concept, initial design, implementation all the way to getting on the shelf ready for the consumer to enjoy. Learn about the different career opportunities available in the video game industry.

A37-I Kanga Cricket (12)

Anil Khanna

In this workshop you will learn the basics of this exciting, international sport. Skills such as batting, bowling, and fielding will be taught along with other training and drills. Students will have the opportunity to use these skills in a fun game.

*****Gym attire is recommended *****

A40-O All about Oil Spills (40)

Let's Talk Science - SFU/UBC

What is an oil spill? Learn about the impact of oil spills on our environment and about different clean up methods used.

A41-I All about DNA (40)

Let's Talk Science - SFU/UBC

What is DNA? Why is it important? How is it used in Forensics? Learn all about the stuff you're made of and learn how to extract DNA in a fun, hands on activity.

A43-I Skin Care for Tweens & Teens (12)

Mme. Gillingham

Worried about zits? Have dry skin & don't know what to do? Want a customized skin care routine? Come learn how to care for your young skin now! You will have the chance to try some skin care products customized for your skin in this fun and informative workshop.

Session B 10:15 – 10:45am

B1-O Japanese Karate and Self Defense (30)

**Sensei Curtis Gerlinger
& Burnaby Mountain Karate**

Learn the fundamentals of Traditional Japanese Karate. You will also get the chance to use these ancient techniques to defend yourself in a mock battle against a real Black Belt! Good luck and have fun!

B2-O Hand Tools and Woodworking (10)

Laura & Phillip Thomsen

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B3-O Cupcake Icing and Fondant Sculpting (10)

Penny Chisholm

Choose a cupcake and ice and decorate it with various edible embellishments including a fondant creation you make yourself. Personalize your own cupcake box to take your finished cupcake home.

B4-I Public Speaking (20)

Rhylin Bailie

Grades 5 – 7 ONLY

Learn the tricks for preparing and delivering an engaging presentation or speech, and how to answer questions from the audience.

B5-O Card Making (15)

Birdie Chan

In this workshop, we will be making 3 beautiful cards you can personalize with pretty papers, ribbon, flowers and other decorations.

B9-I Introduction to Sewing (10)

France's Sewing School

Learn basic sewing skills and make a cute project to take home!

B11-I Hands on Science (15)

Monika Gray

Come and experiment with everyday items you can find in your own home. Create "Dancing Raisins", "Bendy Bones", "Frankenstein's Hand" and more!

B12-O Beautiful Birds Watercolour Painting (15)

Mme Richter

Learn painting techniques and create a beautiful watercolour masterpiece!

B13-O Delicious Wontons (15)

Donna Mah & Lianna Mah

Learn the fun art of making Delicious Wontons. In this workshop you will learn to how to wrap, cook & EAT your own yummy wontons!

B16-I Flag Football (24)

Mrs. Moore & Mr. Lapthorne

Grades 4 & 5 ONLY

This course is designed to develop an awareness for the Flag Football concept and to teach basic offensive and defensive strategies.

***** Students should come prepared to participate in Gym Strip and to play Rain or Shine*****

B17-I Tissue Paper Bouquets (15)

Mrs. Bastone & Mrs. Kaga

Using brightly coloured tissue paper, we will create large spring bouquets - a beautiful gift or to decorate your own room!

B18-I Make your own Beaded Jewelry (20)

Cecilia Su & Shasha Wang

Learn basic beading and jewelry making techniques and create a beautiful piece of jewelry either for yourself or as a gift for someone special.

B20-I Maki Sushi Making (10)

Lynn Lim

Sushi making is not only delicious and fun, it's a work of art! Come learn basic techniques to making Maki (rolled) Sushi...yum! *****Not suitable for students with Seafood or Dairy allergies*****

B23-I All About Schools and SCOUTS (25)

Scouts Canada

Come learn about SCOUTS Canada and the fantastic after school programs offered. Schools and SCOUTING is their innovative Outdoor Education Program.

B25-I Spa Science (16)

Lynne Vidler & Sandra Mankoo

Explore the real chemistry behind your favourite beauty products and whip up a few things to take home! You will learn to use natural ingredients to make cool concoctions like funky soaps and lip balm.

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**Pacific Assistance Dogs
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B33-I Soccer Skills (20)

Lisa D'Andrea - Wesburn Soccer

Students will be instructed on individual and team skills in this fun soccer experience with top level coaches. *****Gym attire is recommended*****

B35-I Detector Dog Service (30)

Stephanie Yau

What do detector dogs do? Find out how the Canadian Border Services Agency uses these dogs to find illegal drugs, missing people, and other problems at our borders. A video and demonstration on how these dogs do their jobs will be of interest to everyone.

B36-I Making Video Games (14)

Kerry McGaffney - EA Games

Learn about what goes into making a Video Game from concept, initial design, implementation all the way to getting on the shelf ready for the consumer to enjoy. Learn about the different career opportunities available in the video game industry.

B39-I Reptiles (30)

Richmond Reptile Rescue, Adoption & Education Society

Come meet and learn about Snakes, Turtles and Lizards in this fun and informative workshop. You will learn how to handle these animals and about how to care for them.

B40-O All about Oil Spills (40)

Let's Talk Science - SFU/UBC

What is an oil spill? Learn about the impact of oil spills on our environment and about different clean up methods used.

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Mme. Gillingham

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Session C: 1:00 – 2:00pm

C1-O Japanese Karate and Self Defense (30)

**Sensei Curtis Gerlinger
& Burnaby Mountain Karate**

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C3-O Cupcake Icing and Fondant Sculpting (10)

Penny Chisholm

Choose a cupcake and ice and decorate it with various edible embellishments including a fondant creation you make yourself. Personalize your own cupcake box to take your finished cupcake home.

C4-I Public Speaking (20)

Rhylin Bailie

Grades 5 – 7 ONLY

Learn the tricks for preparing and delivering an engaging presentation or speech, and how to answer questions from the audience.

C6-I Scrapbooking (15)

Birdie Chan

We will make a small Scrapbook using fancy papers, ribbons, flowers and other embellishments. Add your photos to complete the scrapbook.

C12-O Beautiful Birds Watercolour Painting (15)

Mme. Richter

Learn painting techniques and create a beautiful watercolour masterpiece!

C16-I Flag Football (24)

Mrs. Moore & Mr. Lapthorne

Grades 6 & 7 ONLY

This course is designed to develop an awareness for the Flag Football concept and to teach basic offensive and defensive strategies.

*****Students should come prepared to participate in Gym Strip and to play Rain or Shine.**

C18-I Make your own Beaded Jewellery (20)

Cecilia Su & Shasha Wang

Learn basic beading and jewelry making techniques and create a beautiful piece of jewelry either for yourself or as a gift for someone special.

C22-I Thinking Games (24)

Barbara Johnson – Mindstein

Playing Thinking Games is not only fun – it can also make you smarter!!! Come with your friends to learn some new games, or come on your own and make some new friends!

C24-I Chess Workshop (20)

Burnaby Junior Chess Club

Learn the principles and foundations of Chess, as well as the benefits of learning chess, the details of what is learned at various levels of Chess (Pawn, Knight etc) and strategies to become a strong Chess Player.

C27-I Start your own Herb Garden! (30)

GardenWorks, Burnaby

You will look at, touch, smell and taste a variety of Herbs. Learn how we use them and what they need to grow well. Plant an Herb to take home for your own Garden!

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C38-O Beaded Backpack Buddies (20)

Cheryl Tong

Grade 4 ONLY

Make a cool beaded Gecko, Butterfly or Snake to hang on your backpack!

C40-O All about Oil Spills (40)

Let's Talk Science - SFU/UBC

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C44-I Learn how to apply MAKE-UP (12)

Mme. Gillingham

Grades 6 & 7 ONLY

You will learn about age appropriate make up looks for your age, determine which colours work best for you and you will learn proper application techniques! You will get a customized, light and easy mineral make up look that you learn to apply yourself!

INTERMEDIATE

Seaforth Spirit Day Sign-Up

Dear Students and Parents:

The Seaforth Spirit Day Program for Friday April 27, 2012 is now complete. A copy will be e-mailed to you and a PDF version will be available online at the PAC website: www.seaforthpac.net . If you need to consult a printed copy of the program, one will be available at the counter of the school office.

Please return your completed forms by Wednesday March 28th to the school. As classes fill up quickly, it is very important that students not only list their top preference for each session, but also list **3 alternatives for each session**.

The schedule for Spirit Day is as follows:

9:00am	Opening & Attendance
9:15 – 10:15am	Session A
10:15 – 10:45am	Recess Break
10:45 – 11:45am	Session B
11:45 – 12:45pm	Lunch Break
12:45pm	Attendance in Home Rooms
1:00 – 2:00pm	Session C
2:15pm	Students return to Home Rooms for Dismissal

When selecting sessions with your child, please note the following:

- The letter preceding the session number indicates the time of the session.
- The Program is divided into age groups: Primary (K-3), General (K-7), and Intermediate (4-7). Please select only courses from the section for your child's correct age group. Some sessions have indicated special age groupings and these exceptions are noted in the session description. Students will not be able to register for sessions that are not age appropriate.
- The number in parenthesis indicates the maximum number of students allowed in the session.

Please return the bottom of this form by Wednesday March 28th. Please list session numbers only.



Student Name:	Div:	Grade:		
	1 st Choice	2 nd Choice	3 rd Choice	4 th Choice
Session A				
Session B				
Session C				